



# Tanning Instructions



1. Remove all makeup. Clean skin tans best.
2. You may want to remove contact lenses.
3. Undress. You may tan in swimwear, underwear or as you like.
4. Apply indoor tanning lotion. Baby oil and other outdoor lotions or oils can NOT be used in the tanning bed.
5. You must wear the provided eyewear, or purchase your own for use in the tanning bed.
6. Activate the tanning bed.
7. While tanning, relax, listen to music or sleep. The tanning bed will automatically turn off at the end of the session.
8. Apply your favorite after tan lotion or other products.
9. After tanning, please dress immediately so others may use the tanning bed. Make sure to take all your belongings, including purses, lotions and/or wallets. You can freshen up at the vanity/restroom area if you like.
10. Schedule your next appointment at the front desk.